DOCUMENT RESUME

ED 473 632 CG 032 256

AUTHOR	Presley, Cara; Watson, Jennifer; Williams, Audrey R.
TITLE	The Realities of Date Rape.
PUB DATE	2003-03-00
NOTE	12p.; Poster session presented at the American Counseling Association Conference (Anaheim, CA, March 21-25, 2003).
PUB TYPE	Information Analyses (070) -- Speeches/Meeting Papers (150)
EDRS PRICE	EDRS Price MF01/PC01 Plus Postage.
DESCRIPTORS	*Acquaintance Rape; *College Environment; College Students; *Prevention

ABSTRACT

This poster presentation addresses the issue of date rape, specifically in the college environment. Highlighted are date rape statistics, demographics, and date rape drugs. Also discussed are date rape warnings and prevention strategies. It is concluded that college and university administrators must place the issue of date rape and acquaintance rape as a priority on their campus and follow through with funding and university support and commitment to make any difference in helping preventing it. Specifically, educational programming should include three components: rape risk reduction, awareness of the impact of rape, and victim assistance. (Contains 19 references.) (GCP)

Reproductions supplied by EDRS are the best that can be made
from the original document.

ED 473 632

The Realities of Date Rape

Submitted by
Cara Presley, Jennifer Watson, and Audrey R. Williams

Paper for Poster Presentation
"Date Rape Stinks"
American Counseling Association National Convention
Anaheim, California
March 23, 2003

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)
☐ This document has been reproduced as received from the person or organization originating it.
☐ Minor changes have been made to improve reproduction quality.

• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

PERMISSION TO REPRODUCE AND DISSEMINATE THIS MATERIAL HAS BEEN GRANTED BY

A. Williams

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)
1

BEST COPY AVAILABLE

CG032256

The Realities of Date Rape

Defining Date Rape

Over 40 years ago, Kanin, a pioneer in research on rape, argued that one in five women had been a victim of rape or attempted rape. In fact, it wasn't until 1980's with the research of Koss, that they began to see what today we call date rape, as a bigger problem than stranger rape on college campuses (Schwartz, 1999).

According to the U.S. Department of Justice, a woman is raped somewhere in America once every 2 minutes (Rape, Abuse and Incest National Network, 2002). In order to understand acquaintance or date rape, definitions must be offered. Hughes & Sandler (1987) defined date rape as forced, unwanted intercourse with a person you know. Abramovitz (2001) wrote that the legal definition of rape is when the victim is physically forced, verbally threatened, or under the influence of drugs that make him or her incapable of making a decision or resisting the attack.

According to Gibbs & Monroe (1991), date rape is not about a misunderstanding. It is not a communications problem. It is not about a woman having regrets in the morning for a decision she made the night before. It is not a decision at all. In so many words, rape is rape. The relationship between the rapist and the victim has no bearing on the act itself (Gibbs and Monroe, 1991).

Date Rape Statistics

Due to lack of reporting, the statistics of date rape are not always accurate. The University of South Florida (2002) reported that 35 to 75 percent of women are familiar with their rapist. The Rape, Abuse and Incest National Network (2002) stated that approximately 68%

of the victims knew their attacker. They also reported that 47% of rapes were by casual dates or romantic acquaintances.

According to Curtis (1997), one of the largest findings on date rape is a result of Mary Koss 1985 research. As a result of this research, women were more able to place a name on some of the experiences that happened to them. Koss findings were published in the *Ms.* Magazine and raised a new awareness of the problem of date rape. Bell (1997) reported that The National Victim Center reports that one of every eight adult women is a victim of rape.

There have been numerous studies conducted regarding the frequency of date and acquaintance rape on college campuses. One statistics estimated that between 15 and 25% of college women have experienced date/acquaintance rape (Cassidy, 1995). Most studies indicate that from 25-60% of college men have engaged in sexually coercive behavior (Holcomb, Savage, and Seehafer, 2002).

A College Student's Story

In an excerpt from a story written by Koh (2001), a female college student told her story of being a victim of date rape:

> "Jack seemed like a great guy at first. He'd send me flowers and shower me with affection. But then he began to change. Within a month we were dating. I was flattered that Jack wanted to pursue me and excited about the way he showered me with his affection. When we first started dating he loved everything about me the way I dressed, my laugh, my relationship with God, the way I interacted with my girlfriends. But it wasn't long before he started to pick on small things. At that point I realized I couldn't take it anymore. I had tried to change everything about myself to please him, and now with something I couldn't

change, insecurity overwhelmed me. After five long months, I decided to end our relationship. Jack was angry over my decision. He felt God had told him we were to be married. I wanted to go to my girlfriends for support, but I had given them up months ago to please Jack. I suddenly felt very alone. A few weeks later, Jack called and invited me out for dinner as friends. Our time in the restaurant was awful. He was loud and obnoxious to the waiters and to me. When he asked to drive me back to my dorm after dinner, I didn't object. I was more than ready for the evening to end. Unfortunately he didn't intend to drive me home. He took me to a deserted parking lot and raped me. I remember very few things about the actual rape, the car windshield covered with fog, the struggle, and the moment I felt too overpowered to resist any longer. In that instant I realized there was nothing I could do to stop what was happening. He was simply too strong. When it was over, Jack took me back to my dorm, told me he would give me a call, and simply left. I was in shock. All I remember about those following hours is standing in the shower with all my clothes on, sobbing uncontrollably, desperately wanting the water to wash away the evening's events (Koh, p.60, 2001)".

Demographics

The Rape, Abuse and Incest National Network (2002) reported that rape demographics are different with rape victims. Eighty one percent of all rape victims are Anglo and approximately 18% of all victims are African American. All other races make up about one percent. They also noted that most people assume that rape only happens to women. Although

BEST COPY AVAILABLE

women are the primary victims of rape, over thirty thousand males were reportedly victims in 1995. Today, that number has increased a great deal.

Date Rape Drugs

According to Drink Safe Technology (2002), date rape can also be appropriately called Drug Facilitated Sexual Assault. The current trend of date rape drugs has been increasing in frequency at an alarming rate. As with most rape, it is difficult to ascertain the true extent of this crime.

According to Abramovitz (2001), three drugs are usually thought of as the major date rape drugs. They were all introduced to the United States in the early 1990s. The two used most often are Rohypnol and Gamma Hydroxiutyrate (GHB). A third, lesser-used drug, is called Ketamine Hydrochloride (Ketamine). All of these drugs are illegal in the United States. Often these drugs are commonly called club drugs because of their prevalence at dance clubs, raves, and fraternity parties.

Ketamine has several street names. It can be referred to as Special K, K, vitamin K, Kit Kat, Keller, super acid, and super C. When taken in small doses, a person may experience hallucinations, memory loss, slurred speech, increased blood pressure, numbness, dreaminess, paralysis, paranoia, and feelings of being outside the body. This out of body feeling is sometimes called entering a K-hole. Higher doses can lead to death (Abramovitz, 2001).

Rohypnol is a popular date rape drug with several street names such as: roofies, forget pills, the drop drug, rope, LaRocha, ropies, Mexican valium, roples, R-2, row-shay, rib, ruffies, roachies, ruffles, roche, wolfies, and rophies. It takes about 10-30 minutes to take effect and the blackouts can last up to 24 hours. This drug causes muscle relaxation, sleepiness, dizziness, hot or cold feelings, nausea, trouble speaking or moving, drop in blood pressure, vision problems,

BEST COPY AVAILABLE

and difficulty urinating. The after effects cause those who have taken it to feel shaky, memory loss, anger, aggression, or hallucinations. Because of the number of people misusing Rohypnol as a date rape drug, manufacturers are now making it to dissolve slower and to turn the liquid blue (Abramovitz, 2001).

According to Raphael (2002), Gamma hydroxybutyrate (GHB) is the most lethal date rape drug used. Other names for GHB are liquid ecstasy, somatomax, scoop, grievous bodily harm, liquid x, Georgia home boy, goop, gamma-oh, and G. The worst part of GHB is that it is nearly impossible to detect. Once induced, the effects can start as soon as 10 minutes or can start an hour after taken. According to Abramovitz (2001), low doses of GHB can cause users to experience euphoria, an out-of-body high, sleepiness, increased sex drive, memory loss, hallucinations, headache, loss of reflexes, sweating, and lowered blood pressure. When taken in higher doses, it can cause nausea, vomiting, difficulty breathing, seizures, unconsciousness, coma, and death. This drug is becoming the most popular because it leaves the body within 12 hours.

Dip and Sip (2002) noted that the newest item of interest in the battle against these drugs is the 'Date Rape Drink Coasters.' These coasters, manufactured by such companies as Drink Safe Technology, are aimed to help combat the increasing numbers of young people who have been victims of date rape drugs. According to Bernbaum (2002), this product is a paper coaster to place drinks that can be used to test whether or not the drink contains one of the date rape drugs. The coasters have places in which an individual can put a splash of their drink. If the drink has been drugged, then the spot should turn dark blue in approximately 30 seconds. The companies who produce them also claim 95% accuracy in testing (Bernbaum, 2002).

Date Rape Warnings

BEST COPY AVAILABLE

Women need to be informed of the warning signs of date rape. There are several ways to know about the potential danger before anything can happen. A list from the Koh (2001) recommends that women be wary of guys who exhibits the following characteristics: acts immaturely, acts macho, shows little empathy or feeling for others, exhibits physical and verbal aggressive towards others, and tries to separate you from your friends and family.

According to Sawyer, Schulken & Pinciaro (1997), one group on college campuses that seem to get attention because of members involved in date rape is the Greek system. Fraternity members are portrayed as users and abusers of alcohol and drugs and live in an environment that encourages sexual victimization in women. Sorority members are portrayed to be at greater risk of being a victim as well as having more accepting beliefs about sexual coercion (Sawyer, Schulken & Pinciaro, 1997).

Holcomb, Savage, and Seehafer (2002) suggest that student athletes are a population largely ignored as far as preparing specific prevention programs. Student athletes are a particularly important group to target for prevention programs on date rape. For many athletes, aggressive behaviors are reinforced in their athletic training. They also are particularly in need for education due to their high social status on campus, the behavior they are faced with from women fans, alcohol and drug use prevalence, as well as the large amount of peer pressure present in athletes' social structure (Holcomb, Savage & Seehafer, 2002).

Prevention

For those who have been a victim of rape, there is help. "The Rape Abuse and Incest National Network (RAINN) is a non-profit organization based in Washington D.C. that operates a national toll-free hotline for victims of sexual assault". Tori Amos, also a survivor, founded

BEST COPY AVAILABLE

this organization in 1994. Reportedly, it has since helped over 350,000 survivors (Rape, Abuse and Incest National Network, 2002).

Sampson (2002) stated in her report that the more date rape remains hidden, the less incentive schools have to invest in its prevention. Stranger rape normally brings unwanted publicity, whereas acquaintance rape does not bring that. As a result, most institutions spend far more money on prevention programs for stranger rape than acquaintance rape, even though it is much more frequently occurring on almost all college campuses (Sampson, 2002).

Earle (1996) conducted a study to determine the effectiveness of three different types of prevention programs (for first year college men) in changing their attitudes towards women and sexual assault. The results of his study indicated that one of his three models did show significant positive change in the attitudes of the men in the study. This program was designed to be small single sex groups that utilized peer facilitation and interactive techniques. This goes against most theories on educating first year men which has predominately been to educate in coed sessions (Earle, 1996).

Sampson (2002) suggested that most prevention programs on college campuses hold these weaknesses: lack of clear goals, focus on changing attitudes instead of behaviors, lack of specific programming for targeted groups, and a lack of follow-up assessment. It is suggested that campuses should take the following into consideration: target high risk groups, use scenarios and role-playing models, and avoid mixed gender (Sampson, 2002).

Campus programs should include in their educational program the risks associated with alcohol consumption, especially binge drinking; locations or circumstances such as parties associated with an increased vulnerability to date rape; factors that influence miscommunication between men and women (Dunn, Vail-Smith & Knight, 1999).

BEST COPY AVAILABLE

Conclusion

Sampson (2002) believes that the most vulnerable period for college women is during the first few weeks of the freshman and sophomore years. Colleges and university administrators must place the issue of date and acquaintance rape prevention as a priority on their campus and follow through with funding and university support and commitment to make any difference in helping preventing it. Some colleges and universities are at risk for more occurrences of date and acquaintance rape. Factors such as frequent unsupervised parties, easy access to alcohol, students living on their own, and the availability of private rooms could contribute to higher rates. Mandatory education for all students is just the tip of the iceberg (Sampson, 2002).

According to Dunn, Vail-Smith & Knight (1999), educational programming should include these three components: rape risk reduction, awareness of the impact of rape, and victim assistance. Most importantly, educational programming by the institution should go beyond raising awareness among potential victims. Some programs have even considering joint efforts with school districts to help educate youth at a younger age in their areas.

References

Abramovitz, M. (2001). The knockout punch of date rape drugs. Current Health, 27(7), 18-21.

Bell, A. (1997). Date Rape. Teen, 41, 68-71.

Bernbaum, B. Date rape coaster on the rocks: The odd truth. Retrieved October 11, 2002 from Website: http://www.cbsnews.com/stories/2002.

Cassidy, L. (1995). The influence of victim's attire on adolescents' judgments of date rape. Adolescence, 30, 319-323.

BEST COPY AVAILABLE

Curtis, D. (1997). Perspectives on acquaintance rape. The American Academy of Experts in Traumatic Stress. Retrieved on January 11, 2002 from Website: www.aaets.org/arts/art13.htm.

Date rape. (2002). University of South Florida: Counseling Center for Human Development. Retrieved on January 11, 2002 from Website: http://usfweb.usf.edu/counsel/self-hlp/daterape.htm

Dip and sip (2002). Chronicle of Higher Education, 49, 86.

Drink safe technology. Retrieved November 20, 2002 from Website: www.drinksafecoaster.com

Dunn, P. C., Vail-Smith, K. & Knight, S. M. (1999). What date/acquaintance rape victims tell others: A study of college student recipients of disclosure. Journal of American College Health, 47(5), 213-219.

Earle, J.P. (1996). Acquaintance rape workshops: Their effectiveness in changing the attitudes of first year college men. NASPA Journal, 34, 2-18.

Gibbs, N. & Monroe, S. (1991). When is it rape? Time, 137(22) 48-55.

Holcomb, D., Savage, M. & Seehafer, R. (2002). A mixed-gender date rape prevention intervention targeting freshman college athletes. College Student Journal, 36(2), 165-179.

Hughes, J. & Sandler, B. (1987). Friends raping friends: Could it happen to you? Project on the Status and Education of Women. Association of American Colleges. Retrieved on December 10, 20002 from Website: http://rivervision.com/safe/arwhat.html

Koh, M. (2001). My boyfriend raped me. Campus Life, 60(2), 60-64.

Rape, Abuse and Incest National Network (RAINN). Retrieved on February 10, 2003 from Web Site: http://www.feminist.com/rainn.htm

BEST COPY AVAILABLE

Raphael, R. (June 2002). GHB: A deadly drug." Retrieved from http://www.abcnews.com/onair/2020.

Sampson, R. (2002). Acquaintance rape of college students. U.S. Department of Justice: Office of Community Oriented Policing Services. Problem Oriented Guide for Police Series, 17.

Sawyer, R. G., Schulken, E. D., & Pinciaro, P. J. (1997). A survey of sexual victimization in sorority women. College Student Journal, 31, 387-395.

Schwartz, M. D. (1999). Bad dates or emotional trauma? The aftermath of campus sexual assault. Violence Against Women, 5(3), 251-272.

U.S. Department of Education
Office of Educational Research and Improvement (OERI)
National Library of Education (NLE)
Educational Resources Information Center (ERIC)

ERIC

REPRODUCTION RELEASE

(Specific Document)

I. DOCUMENT IDENTIFICATION:

Title: The Realities of Date Rape

Author(s): Audrey Williams, Cara Presley & Jennifer Watson

Corporate Source:

Publication Date:

II. REPRODUCTION RELEASE:

In order to disseminate as widely as possible timely and significant materials of interest to the educational community, documents announced in the monthly abstract journal of the ERIC system, *Resources in Education* (RIE), are usually made available to users in microfiche, reproduced paper copy, and electronic media, and sold through the ERIC Document Reproduction Service (EDRS). Credit is given to the source of each document, and, if reproduction release is granted, one of the following notices is affixed to each document.

If permission is granted to reproduce and disseminate the identified documents, please CHECK ONE of the following three options and sign at the bottom of the page.

The sample sticker shown below will be affixed to all Level 1 documents

PERMISSION TO REPRODUCE AND DISSEMINATE THIS MATERIAL HAS BEEN GRANTED BY

Audrey Williams

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

1

Level 1 ☑

Check here for Level 1 release, permitting reproduction and dissemination in microfiche or other ERIC archival media (e.g., electronic) *and* paper copy.

The sample sticker shown below will be affixed to all Level 2A documents

PERMISSION TO REPRODUCE AND DISSEMINATE THIS MATERIAL IN MICROFICHE, AND IN ELECTRONIC MEDIA FOR ERIC COLLECTION SUBSCRIBERS ONLY, HAS BEEN GRANTED BY

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

2A

Level 2A ☐

Check here for Level 2A release, permitting reproduction and dissemination in microfiche and in electronic media for ERIC archival collection subscribers only

The sample sticker shown below will be affixed to all Level 2B documents

PERMISSION TO REPRODUCE AND DISSEMINATE THIS MATERIAL IN MICROFICHE ONLY HAS BEEN GRANTED BY

TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

2B

Level 2B ☐

Check here for Level 2B release, permitting reproduction and dissemination in microfiche only

Documents will be processed as indicated provided reproduction quality permits.
If permission to reproduce is granted, but no box is checked, documents will be processed at Level 1.

I hereby grant to the Educational Resources Information Center (ERIC) nonexclusive permission to reproduce and disseminate these documents as indicated above. Reproduction from the ERIC microfiche or electronic media by persons other than ERIC employees and its system contractors requires permission from the copyright holder. Exception is made for non-profit reproduction by libraries and other service agencies to satisfy information needs of educators in response to discrete inquiries.

Sign here, → please

Signature: Audrey Williams	Printed Name/Position/Title: Audrey Williams
Organization/Address: 1692 Westerham Drive Dallas, TX 75232	Telephone: 214-331-9049 FAX: 972-278-7100
	E-Mail Address: AudreyRenae@aol.com Date: 3-23-03

III. DOCUMENT AVAILABILITY INFORMATION (FROM NON-ERIC SOURCE):

If permission to reproduce is not granted to ERIC, *or*, if you wish ERIC to cite the availability of these documents from another source, please provide the following information regarding the availability of these documents. (ERIC will not announce a document unless it is publicly available, and a dependable source can be specified. Contributors should also be aware that ERIC selection criteria are significantly more stringent for documents that cannot be made available through EDRS.)

Publisher/Distributor:
Address:
Price:

IV. REFERRAL OF ERIC TO COPYRIGHT/REPRODUCTION RIGHTS HOLDER:

If the right to grant this reproduction release is held by someone other than the addressee, please provide the appropriate name and address:

Name:
Address:

V. WHERE TO SEND THIS FORM:

Send this form to the following ERIC Clearinghouse: **ERIC Counseling & Student Services**
University of North Carolina at Greensboro
201 Ferguson Building
PO Box 26171
Greensboro, NC 27402-6171